EVERY ILLNESS HAS CURE

The Prophet Muhammad (صلى الله عليه و سلم) said:

"Every illness has cure, and when the proper cure is applied to the disease, it ends it, Allah willing."
(Saheeh Muslim)

The Prophet Muhammad (صلى الله عليه و سلم) said:

"There is no disease that Allah has created, except that He also has created its treatment."
(Saheeh Bukharee, Volume 7, Book 71, Number 582)

Usamah Bin Shuraik (رضي الله عنه) said:

"I was with the Prophet Muhammad (صلى الله عليه و سلم), when the Bedouins came to him and said, 'O Messenger of Allah, should we seek medicine?' He said, 'Yes, O slaves of Allah seek medicine, for Allah has not created a disease except that he has also created its cure, except for one illness.' They said, 'And what is that?' He said, 'Old age."
(Musnad Imam Ahmad)

BLACK SEED

The Prophet Muhammad (صلى الله عليه و سلم) said:

"The black seed is a remedy for every disease except death."
(Saheeh Muslim, Book 26 Kitab As-Salam, Number 5489)

Ibn Seereen (Avicenna), most famous for his volumes called The Canon of Medicine, refers to Black seed as the seed that stimulates the body's energy and helps recovery from fatigue and dispiritedness.

Narrated Khalid bin Sad:

“We went out and Ghalib bin Abjar was accompanying us. He fell ill on the way and when we arrived at Medina, he was still sick. Ibn Abi ‘Atīq came to visit him and said to us, “Treat him with black cumin. Take five or seven seeds and crush them (mix the powder with oil) and drop the resulting mixture into both nostrils, for ‘Aisha (رضي الله عنها) has narrated to me that she heard the Prophet (صلى الله عليه و سلم) saying,

‘This black cumin is healing for all diseases except As-Sam.’

Aisha said, ‘What is As-Sam?’

He said, ‘Death.”
(Saheeh Bukharee, Volume 7, Book 71, Number 591)

The Prophet Muhammad (صلى الله عليه و سلم) said:

“There is no disease for which Black seed does not provide remedy.”
(Saheeh Muslim, Book 26 Kitab As-Salam, Number 5490)

The Prophet Muhammad (صلى الله عليه و سلم) said:

“There is healing in black cumin for all diseases except death.”
(Saheeh Bukharee, Volume 7, Book 71, Number 592)

CUPPING

The Prophet Muhammad (صلى الله عليه و سلم) said:

“The best medical treatment you apply is cupping.”
(Abu Dawud, Book 28, Number 3848)

FEVER

Narrated in the Sunan that Abu Hurairah (رضي الله عنه) said:

Fever was mentioned in the presence of the Prophet Muhammad (صلى الله عليه و سلم) and a man cursed it.

The Prophet Muhammad (صلى الله عليه و سلم) said:

‘Do not curse it, for it removes the sins, just as fire removes the impurity of the iron.”
(Saheeh Muslim)

The Prophet Muhammad (صلى الله عليه و سلم) said:

“Fever is a below of hell’s heat, so remove it from you with cold water.”
(Ibn Majah)

HENNA

Narrated by Umm Salama (رضي الله عنها),

“In the life of Prophet Muhammad (صلى الله عليه و سلم), no injury or thorn piercing was treated on which Henna was not applied.”
(Musnad Imam Ahmad & Tirmidhi)

“Whenever somebody came to Prophet Muhammad (صلى الله عليه و سلم) with complaints of headache, he directed him to undergo cupping and whosoever complained of pain in legs, was advised to apply Henna.”
(Bukharee & Abu Dawud)

Narrated by Jahzma (رضي الله عنها) the wife of Bashir Bin Khasasia (رضي الله عنه),

"I saw Prophet Muhammad (صلى الله عليه و سلم) coming out of the house. He (صلى الله عليه و سلم) was coming after taking bath; therefore, he (صلى الله عليه و سلم) was shaking his hairs. The colour of Henna was visible on his head."
(Tirmidhi)

Narrated by Abi Rafai,

"I was present before Prophet Muhammad (صلى الله عليه و سلم). Passing his hand over his head he said that the head of all dyes was Henna which gain a glow to the face and increased the sexual vigour."
(Abu Na'im)

HONEY

The Prophet Muhammad (صلى الله عليه و سلم) said:

"Make use of the two cures: honey and the Qur'an."
(Ibn Majah & Others)

Narrated by 'Aisha (رضي الله عنها),

"The Prophet Muhammad (صلى الله عليه و سلم) used to like sweet edible things and honey."
(Saheeh Bukharee, Volume 7, Book 71, Number 586)

Narrated Abu Said Al Khudri (رضي الله عنه),

A man came to the Prophet and said, “My brother has some abdominal trouble.” The Prophet said to him “Let him drink honey.” The man came for the second time and the Prophet said to him, ‘Let him drink honey.” He came for the third time and the Prophet said, “Let him drink honey.” He returned again and said, “I have done that ‘The Prophet then said, “Allah has said the truth, but your brother’s abdomen has told a lie. Let him drink honey.” So, he made him drink honey and he was cured.
(Saheeh Bukharee, Volume 7, Book 71, Number 588)

HOUSEFLY

The Prophet Muhammad (صلى الله عليه و سلم) said:

“If a housefly falls in the drink of anyone of you, he should dip it (in the drink), for one of its wings has a disease and the other has the cure for the disease.”
(Saheeh Bukharee)

KOHL

The Prophet Muhammad (صلى الله عليه و سلم) said:

“Use Ithmid (antimony), because it clears the eye and grows the eyelashes.”
(Al-Hakeem)

Ithmid (Antimony) is the black Kohl stone. The best type of Ithmid is that which fragmentizes quickly and which has shiny morsels.

The Prophet Muhammad (صلى الله عليه و سلم) said:

“The best of your kohl is the Ithmid (antimony), because it clears the sight and causes the eyelashes to grow.”
(Tirmidhi, Ibn Majah, Ibn Hibban, Al-Hakeem, At- Tabarani & Abu Na’im)

OLIVE

Zaitoon (Olive) the sign of peace and friendship in this world has its description in the Noble Qur'an.

Allah (سبحانه وتعالى) says:

By the fig and olive, And the mount of Sinai, And the city of security. We have indeed created man in the best of moulds. Then do we abase him (to be) the lowest of low. Except such as believe and do righteous deeds for they shall have a reward unfailing. What then, can after this, make you deny the last judgement. Is not Allah the wisest of judges"
(Surah At Tin 95:1-8)

The Prophet Muhammad (صلى الله عليه و سلم) said:

"Eat the olive oil and massage it over your bodies since it is a holy (Mubarak) tree."
(Ibn Majah & Tirmidhi)

Olive oil is a good preservative for other eatables too. Sardine and other fishes are tinned and preserved in olive oil. The smoke-less burning of olive oil is a peculiar feature, which produces a bright light.
Qur'an stresses the importance of olive on several occasions as follows:

- Surah Al-An' am 6:99 & 6:141
- Surah An-Nahl 16:11
- Surah Al-Mu'minun 23:20
- Surah An-Nur 24:35

The Prophet Muhammad (صلى الله عليه و سلم) said:

"There is olive oil for you, eat it, massage over your body, since it is effective in Haemorrhoids (Piles)."
(Ibn Al-Jawzi & Zanbi)

The Prophet Muhammad (صلى الله عليه و سلم) said:

"Eat the olive oil and apply it (locally), since there is cure for seventy diseases in it, one of them is Leprosy."
(Abu Na'im)

PLAGUE

The Prophet Muhammad (صلى الله عليه و سلم) said:

"(Death from) plague is martyrdom for every Muslim."
(Saheeh Bukharee, Volume 7, Book 71, Number 628)

The Prophet Muhammad (صلى الله عليه و سلم) said:

"He (a Muslim) who dies of an abdominal disease is a martyr, and he who dies of plague is a martyr."
(Saheeh Bukharee, Volume 7, Book 71, Number 629)

RUQYA

Narrated by Umm Salama (رضي الله عنها),

"The Prophet Muhammad (صلى الله عليه و سلم) saw in her house a girl whose face had a black spot. He said. "She is under the effect of an evil eye; so, treat her with a Ruqya."
(Saheeh Bukharee, Volume 7, Book 71, Number 635)

The Prophet Muhammad (صلى الله عليه و سلم) said:

"The effect of an evil eye is a fact." And he prohibited tattooing
(Saheeh Bukharee, Volume 7, Book 71, Number 636)

SIWAAK

Encouragement to use the Siwak as part of the Sunnah is mentioned in many hadeeths, and the effect of using the Siwak is described as purifying the mouth, cleansing it of dirt, making it smell good and preventing disease. It is a general word which affirms that Siwak possesses all powers of purification and protection.

The Prophet Muhammad (صلى الله عليه و سلم) said:

"Siwak is purifying for the mouth and pleasing to the Lord."
(An Nasaa'i, hadeeth number 5; Bukharee narrated it as a mu'allaq majzoom report in Kitab Al Sawm, Bab Siwak Al Ratab Wal Yaabis li'l Saa'im; It was classed as Saheeh by Al Mundhirī in Al Targheeb Wa'l Tarheeb, Vol 1, Page 133 and classed as hasan by An Nawawi in Al Majmoo, Vol 1, Page 267)

Prof. Dr. Muhammad Sa'eed Al Jareedli (Head of the Mouth Disease department at Cairo University) said:

The Siwak is many times better than the toothbrush and toothpaste in chemical and mechanical terms.

After carrying out research he found that the substance which is in the Siwak kills germs and heals our mouths from disease. By itself it can take the place of the toothbrush and toothpaste because of the numerous substances it contains which are superior to those contained in toothpaste.

Similarly, strong, gentle natural fibres work better than the fibres of the toothbrush and do not damage the gums. They also effectively remove what is left in our mouths and clings to our teeth of leftover food, which can cause disease and damage to the mouth and teeth.

Up until today, in our civilised world, there is no toothpaste that contains the substances contained in the Siwak. For example, we see that most of the toothpastes on the market are commercial and cheap, aimed at nothing other than making a profit, and the mouth and gums do not benefit from them at all.

But in the case of Siwak, it was found — after scientific research — that it contains a lot of effective substances carried in its fibres, including cleansers such as sinigrin, astringents which strengthen the gums, such as Gallic acid, volatile oils which give the mouth a good smell, sodium chloride, sodium bicarbonate, potassium chloride, calcium oxalate and a number of substances which clean the teeth.

Some substances in the Siwak also kill germs, so it has an effect similar to that of penicillin.
(Al Siwak Wal Inayah Bil Asnaan, Page 9-14)

SURAH IKHLAS, FALAQ & NAAS

Narrated by 'Aisha (رضي الله عنها),

"Whenever Allah's Apostle went to bed, he used to recite Surah Al-Ikhlas, Surah Al-Falaq and Surah An-Nas and then blow on his palms and pass them over his face and those parts of his body that his hands could reach. And when he fell ill, he used to order me to do like that for him."
(Saheeh Bukharee, Volume 7, Book 71, Number 644)

ZAMZAM WATER

The Prophet Muhammad (صلى الله عليه و سلم) said:

"And a cure from ailment."
(Saheeh Muslim)

The Prophet Muhammad (صلى الله عليه و سلم) said:

"Zamzam water is for whatever was intended behind drinking it."
(Ibn Majah)

The Prophet Muhammad (صلى الله عليه و سلم) said:

"Four are among the tradition of the Prophets: marriage, using Siwak (natural toothbrush), wearing perfume and dyeing with Henna."
(Tirmidhi)